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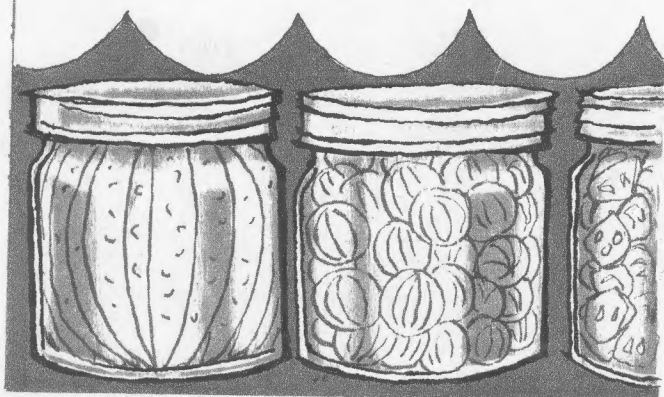
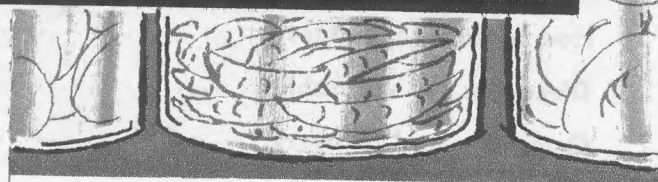
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U. S. DEPARTMENT OF AGRICULTURE

Home

CANNING

of Fruits

and Vegetables

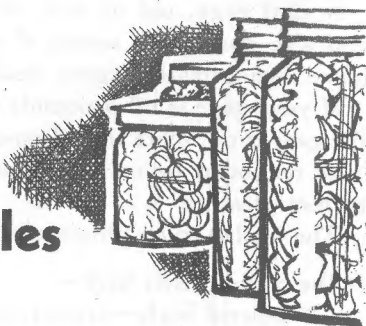


HOME AND GARDEN BULLETIN No. 8
U. S. DEPARTMENT OF AGRICULTURE

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Home CANNING of Fruits and Vegetables



Right Canner for Each Food

Organisms that cause food spoilage—molds, yeasts, and bacteria—are always present in the air, water, and soil. Enzymes that may cause undesirable changes in flavor, color, and texture are present in raw fruits and vegetables.

When you can fruits and vegetables you heat them hot enough and long enough to destroy spoilage organisms. This heating (or processing) also stops the action of enzymes. Processing is done in either a boiling-water-bath canner or a steam-pressure canner. The kind of canner that should be used depends on the kind of food being canned.

For *fruits, tomatoes, and pickled vegetables*, use a boiling-water-bath canner. You can process these acid foods safely in boiling water.

For *all common vegetables except tomatoes*, use a steam-pressure canner. To process these low-acid foods safely in a reasonable length of time takes a temperature higher than that of boiling water.

A pressure saucepan equipped with an accurate indicator or gage for controlling pressure at 10 pounds (240° F.) may be used as a steam-pressure canner for vegetables in pint jars or No. 2 tin cans. If you use a pressure saucepan, add 20 minutes to the processing times given in this publication for each vegetable.

Getting Your Equipment Ready

Steam-Pressure Canner

For safe operation of your canner, clean petcock and safety-valve openings by drawing a string or narrow strip of cloth through them. Do this at beginning of canning season and often during the season.

Check pressure gage.—An accurate pressure gage is necessary to get the processing temperatures needed to make food keep.

A *weighted gage* needs only to be thoroughly clean.

A *dial gage*, old or new, should be checked before the canning season, and also during the season if you use the canner often. Ask your county home demonstration agent, dealer, or manufacturer about checking it.

If your gage is off 5 pounds or more, you'd better get a new one. But if the gage is not more than 4 pounds off, you can correct for it as shown below. As a reminder, tie on the canner a tag stating the reading to use to get the correct pressure.

The food is to be processed at 10 pounds steam pressure; so—

If the gage reads high—

- 1 pound high—process at 11 pounds.**
- 2 pounds high—process at 12 pounds.**
- 3 pounds high—process at 13 pounds.**
- 4 pounds high—process at 14 pounds.**

If the gage reads low—

- 1 pound low—process at 9 pounds.**
- 2 pounds low—process at 8 pounds.**
- 3 pounds low—process at 7 pounds.**
- 4 pounds low—process at 6 pounds.**

Have canner thoroughly clean.—Wash canner kettle well if you have not used it for some time. Don't put cover in water—wipe it with a soapy cloth, then with a damp, clean cloth. Dry well.

Water-Bath Canner

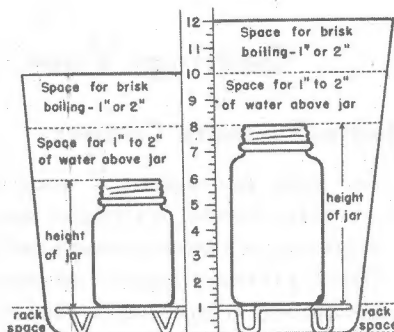
Any big, metal container will do for a boiling-water-bath canner if it's deep enough to have an inch or two of water over the tops of the jars and a little extra space for boiling . . . if it has a cover . . . and a rack to keep the jars from touching bottom.

The rack may be of wire or wood. Have partitions in rack, if possible, to keep jars from touching one another or falling against the side of the canner.

If a steam-pressure canner is deep enough, you can use that for a water bath. Set the cover in place without fastening it. And be sure to have the petcock wide open, so that steam escapes and no pressure is built up.

Your water-bath canner may be of aluminum, tin, galvanized iron, or enameledware. Whatever the material, be sure canner is deep enough so that water can boil well over tops of containers.

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Glass Jars

Be sure all jars and lids are perfect. Discard any with cracks, chips, or dents; defects prevent airtight seals. Screw bands for glass and metal lids cannot be interchanged.

Wash glass jars in hot, soapy water and rinse well. Wash and rinse all lids except those with sealing compound. Heat the washed jars and lids in clean water before packing them with hot food. Some metal lids with sealing compound need boiling; others need only a dip in hot water. Follow the manufacturer's directions.

If you use rubber rings, have clean, new rings of the right size for the jars. Don't test by stretching.

Tin Cans

Select desired type and size.—Three types of tin cans are used in home canning—plain tin, C-enamel (corn enamel), and R-enamel (sanitary or standard enamel). For most products plain tin cans are satisfactory. Enamelled cans are recommended for certain fruits and vegetables to prevent discoloration of food, but they are not necessary for a wholesome product.

The types of cans and the foods for which they are recommended are:

Type:	Recommended for—
C-enamel.....	Corn, hominy.
R-enamel.....	Beets, red berries, red or black cherries, plums, pumpkin, rhubarb, winter squash.
Plain.....	All other fruits and vegetables for which canning directions are given in this bulletin.

In this bulletin, directions are given for canning most fruits and vegetables in No. 2 and No. 2½ tin cans. Directions for mushrooms specify No. 1 and No. 2 tin cans.

A No. 1 can holds about 1¼ cups, a No. 2 can about 2¼ cups, and a No. 2½ can about 3¼ cups.

Use only cans in good condition.—See that cans, lids, and gaskets are perfect. Discard badly bent, dented, or rusted cans, and lids with damaged gaskets. Keep lids in paper packing until ready to use. The paper protects the lids from dirt and moisture.

Wash cans.—Just before use, wash cans in clean water; drain upside down. Do not wash lids; washing may damage the gasket. If lids are dusty or dirty, rinse with clean water or wipe with a damp cloth just before you put them on the cans.

Check the sealer.—Make sure the sealer you use is properly adjusted. To test, put a little water into a can, seal it, then submerge can in boiling water for a few seconds. If air bubbles rise from the can, the seam is not tight. Adjust sealer, following manufacturer's directions.

General Canning Procedure

Selecting Fruits and Vegetables for Canning

Choose fresh, firm fruits and young, tender vegetables. Can them quickly, before they lose their freshness. If you must hold them, keep them in a cool, airy place. If you buy fruits and vegetables to can, try to get them from a nearby garden or orchard.

For best quality in the canned product, use only perfect fruits and vegetables. Sort them for size and ripeness; they cook more evenly that way.

Washing

Wash all fruits and vegetables thoroughly, whether or not they are to be pared. Dirt contains some of the bacteria hardest to kill. Wash small lots at a time, under running water or through several changes of water. Lift the food out of the water each time so dirt that has been washed off won't go back on the food. Rinse pan thoroughly between washings. Don't let fruits or vegetables soak; they may lose flavor and food value. Handle them gently to avoid bruising.

Filling Containers

Raw pack or hot pack.—Fruits and vegetables may be packed raw into glass jars or tin cans or preheated and packed hot. In this publication directions for both raw and hot packs are given for most of the foods.

Raw food should be packed into the container tightly because it shrinks during processing. Hot food should be packed fairly loosely; it should be at or near boiling temperature when it is packed.

There should be enough sirup, water, or juice to fill in around the solid food in the container and to cover the food. It takes from $\frac{1}{2}$ to $1\frac{1}{2}$ cups of liquid for a quart glass jar or a No. 2 $\frac{1}{2}$ tin can.

Removing air bubbles from the filled containers will help prevent liquid from falling below the level of the solid food during processing; food at the top of the container tends to darken if not covered with liquid.

To remove bubbles, work the blade of a table knife down the sides of the containers. Then add more liquid if needed to cover the food; however, be sure to leave space at the top as directed below.

Head space.—With only a few exceptions, some space should be left between the packed food and the closure. The amount of head space to allow is given in the detailed directions for canning each food.

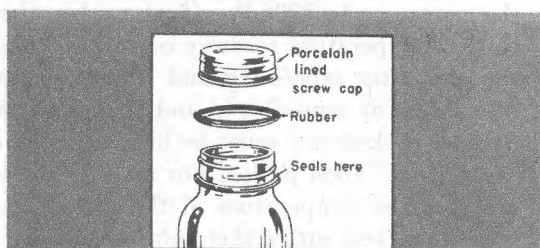
Closing Glass Jars

The following illustrations show the four main types of closures used for glass jars and give directions for their use.

MAIN TYPES OF CLOSURES AND HOW TO USE THEM

When canning.—Fit wet rubber ring down on jar shoulder, but don't stretch more than necessary. Fill jar, wipe the rubber ring and the jar rim clean. Then screw cap down firmly and turn it back $\frac{1}{4}$ inch.

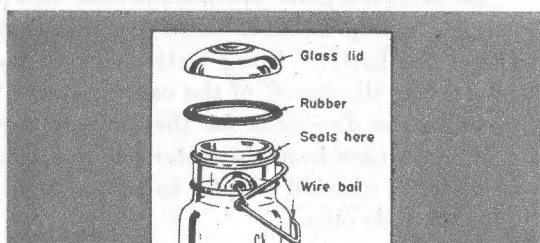
After canning.—As soon as you take jar from canner, screw cap down tight, to complete seal.



Porcelain-lined zinc cap with shoulder rubber ring, to fit standard mason jar.

When canning.—Fit wet rubber ring on ledge at top of empty jar. Fill jar, wipe rubber ring and jar rim clean. Put on glass lid. Push long wire over top of lid, so it fits into groove. Leave short wire up.

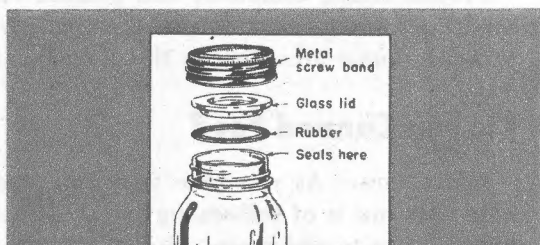
After canning.—As soon as you take jar from canner, push short wire down, to complete seal.



Wire-bail type jar with glass lid and rubber ring.

When canning.—Fill jar, wipe rim clean. Fit wet rubber ring on glass lid. Put lid on jar, rubber side down. Screw band on until it is almost tight. Then turn back almost a quarter turn, but be sure jar and band mesh. Caution: If band is screwed too tight, jar may break.

After canning.—As soon as you take jar from canner, screw band down tight, to complete seal.



Glass lid and top-seal rubber ring, with metal screw band, to fit standard mason jar.

When canning.—Fill jar, wipe rim clean. Put lid on with sealing compound next to glass. Screw metal band down tight by hand. When band is screwed firmly, this lid has enough give to let air escape during processing.

After canning.—This is a self-sealing type. Do not tighten screw band further after taking jar from canner.



Flat metal lid with sealing compound, with metal screw band, to fit standard mason jar.

Exhausting and Sealing Tin Cans

Tin cans are sealed before processing. The temperature of the food in the cans must be 170° F. or higher when the cans are sealed. Food is heated to this temperature to drive out air so that there will be a good vacuum in the can after processing and cooling. Removal of air also helps prevent discoloring of canned food and change in flavor.

Food packed raw must be heated in the cans (exhausted) before the cans are sealed. Food packed hot may be sealed without further heating if you are sure the temperature of the food has not dropped below 170° F. To make sure, test with a thermometer, placing the bulb at the center of the can. If the thermometer registers lower than 170°, or if you do not make this test, exhaust the cans.

To exhaust, place open, filled cans on a rack in a kettle in which there is enough boiling water to come to about 2 inches below the tops of the cans. Cover the kettle. Bring water back to boiling. Boil until a thermometer inserted at the center of the can registers 170° F.—or for the length of time given in the directions for the fruit or vegetable you are canning.

Remove cans from the water one at a time, and add boiling packing liquid or water if necessary to fill to proper head space. Place clean lid on filled can. Seal at once.

Processing

Process fruits, tomatoes, and pickled vegetables in a boiling-water-bath canner according to the directions on page 9. Process vegetables in a steam-pressure canner according to the directions on page 26.

Cooling Canned Food

Glass jars.—As you take jars from the canner, complete seals at once unless closure is of self-sealing type. If liquid boiled out in processing, do not open jar to add more. Seal the jar just as it is.

Cool jars top side up. Give each jar enough room to let air get at all sides. Never set a hot jar on a cold surface; instead set the jars on a folded cloth or on a rack. Keep hot jars away from drafts, but don't slow cooling by covering them.

Tin cans.—Put tin cans in cold, clean water to cool them; change the water as needed to cool the cans quickly. Take the cans out of the water while they are still warm so they will dry in the air. If you stack cans, stagger them so that air can get around them.

Day-After-Canning Jobs

Test the seal on each glass jar by turning the jar partly over in your hands. Or, if the jar has a flat metal lid, test it by tapping the center of the lid with a spoon. A clear, ringing sound means a good seal. A dull note does not

always mean a poor seal; if there's no leakage, store the jar and watch for signs of spoilage.

If you find a leaky jar, use unspoiled food right away. Or can it again; empty the jar and pack and process food as if it were fresh. Before using jar or lid again check for defects.

If you want to reuse the screw bands that have a glass or metal lid underneath, take them off the jars carefully. Do not use force or you may break the seal. If a band sticks, covering for a moment with a hot, damp cloth may help loosen it.

Before storing canned food, wipe containers clean. Label to show contents, date, and lot number—if you canned more than one lot in a day.

Storing Canned Food

Canned food should be kept dry and cool, but it should not be subjected to freezing.

Dampness may corrode tin cans and metal lids of glass jars and eventually cause leakage.

Warmth may cause canned food to lose quality. Hot pipes behind a wall sometimes make a shelf or closet too warm for storing food.

Freezing may crack a jar or break a seal and let in bacteria that will cause spoilage. If it does not damage jar or seal, freezing will not make food unsafe to eat. To give food in an unheated place some protection from freezing, cover containers with a blanket or wrap them in paper.

On Guard Against Spoilage

Don't use canned food that shows any sign of spoilage. Look closely at each container before opening it. Bulging can ends, jar lids, or rings, or a leak—these may mean food has spoiled. When you open a container look for other signs—spurting liquid, an off odor, or mold.

It's possible for canned vegetables to contain the poison causing botulism—a serious food poisoning—without showing signs of spoilage. There is no danger of botulism if pressure canner is in perfect order and every canning step is done correctly. But unless you're absolutely sure of your gage and canning methods, boil home-canned vegetables before tasting. Heating usually makes any odor of spoilage more evident.

Bring vegetables to a rolling boil; then cover and boil for at least 10 minutes. Boil spinach and corn 20 minutes. If the food looks spoiled, foams, or has an off odor during heating, destroy it.

Burn spoiled vegetables, or dispose of the food so that it will not be eaten by humans or animals.

How To Can Fruits, Tomatoes, Pickled Vegetables

Fruits, tomatoes, and pickled vegetables are canned according to the general directions on pages 4 to 7, the detailed directions for each food on pages 10 to 15, and the special directions given below that apply only to acid foods.

Two picture sequences on pages 16 to 19 show how these various directions are combined in step-by-step order.

Points on Packing

Raw pack.—Put cold, raw fruits into container and cover with boiling-hot sirup, juice, or water. Press tomatoes down in the containers so they are covered with their own juice; add no liquid.

Hot pack.—Heat fruits in sirup, in water or steam, or in extracted juice before packing. Juicy fruits and tomatoes may be preheated without added liquid and packed in the juice that cooks out.

Sweetening Fruit

Sugar helps canned fruit hold its shape, color, and flavor. Directions for canning most fruits call for sweetening to be added in the form of sugar sirup. For very juicy fruit packed hot, use sugar without added liquid.

To make sugar sirup.—Mix sugar with water or with juice extracted from some of the fruit. Use a thin, medium, or heavy sirup to suit the sweetness of the fruit and your taste. Proportions for these three types of sugar sirups are given below.

Type of sirup	Sugar Cups	Water or juice Cups	Yield of sirup Cups
Thin	2	4	5
Medium	3	4	5½
Heavy	4¾	4	6½

Boil the sugar and water or fruit juice together for 5 minutes. Skim if necessary.

To extract juice, crush thoroughly ripe, sound juicy fruit. Heat to simmering (185° to 210° F.) over low heat. Strain through jelly bag or other cloth.

To add sugar direct to fruit.—For juicy fruit to be packed hot, add about ½ cup sugar to each quart of raw, prepared fruit. Heat to simmering (185° to 210° F.) over low heat. Pack fruit in the juice that cooks out.

To add sweetening other than sugar.—You can use light corn sirup or mild-flavored honey to replace as much as half the sugar called for in canning fruit. Do not use brown sugar, or molasses, sorghum, or other strong-flavored sirups; their flavor overpowers the fruit flavor and they may darken the fruit.

Canning Unsweetened Fruit

You may can fruit without sweetening—in its own juice, in extracted juice, or in water. Sugar is not needed to prevent spoilage; processing is the same for unsweetened fruit as for sweetened.

Processing in Boiling-Water Bath

Directions.—Put filled glass jars or tin cans into canner containing hot or boiling water: For raw pack in glass jars have water in canner hot but not boiling; for all other packs have water boiling.

Add boiling water if needed to bring water an inch or two over tops of containers; don't pour boiling water directly on glass jars. Put cover on canner.

When water in canner comes to a rolling boil, start to count processing time. Boil gently and steadily for the processing time recommended for the food you are canning. Add boiling water during processing if needed to keep containers covered.

Remove containers from the canner immediately when processing time is up.

Processing times.—Processing times recommended in the detailed directions (pp. 10 to 15) are only for foods prepared and packed as specified in these directions.

If you live at an altitude less than 1,000 feet above sea level, use the processing times as given.

At altitudes of 1,000 feet or more, you have to process food in a boiling-water bath for a longer time, as follows:

Altitude	Increase in processing time if the time called for is—	
	20 minutes or less	More than 20 minutes
1,000 feet	1 minute	2 minutes.
2,000 feet	2 minutes	4 minutes.
3,000 feet	3 minutes	6 minutes.
4,000 feet	4 minutes	8 minutes.
5,000 feet	5 minutes	10 minutes.
6,000 feet	6 minutes	12 minutes.
7,000 feet	7 minutes	14 minutes.
8,000 feet	8 minutes	16 minutes.
9,000 feet	9 minutes	18 minutes.
10,000 feet	10 minutes	20 minutes.

To Figure Yield of Canned Fruit From Fresh

The number of quarts of canned food you can get from a given quantity of fresh fruit depends upon the quality, variety, maturity, and size of the fruit, whether it is canned whole or in halves or slices, and whether a raw pack or hot pack is used.

For one quart of canned food, it takes the following amounts of fresh fruit or tomatoes as purchased or picked:

	Pounds
Apples.....	2½ to 3
Berries, except strawberries.....	1½ to 3 (1 to 2 quart boxes)
Cherries (canned unpitted).....	2 to 2½
Peaches.....	2 to 3
Pears.....	2 to 3
Plums.....	1½ to 2½
Tomatoes	2½ to 3½

In 1 pound there are about 4 medium apples, peaches, or tomatoes; 3 medium pears; 12 medium plums.

Directions for Fruits, Tomatoes, Pickled Vegetables

Apples

Pare and core apples; cut in pieces. To keep fruit from darkening, drop pieces into water containing 2 table-spoons each of salt and vinegar per gallon. Drain, then boil 5 minutes in thin sirup or water.

In glass jars.—Pack hot fruit to ½ inch of top. Cover with hot sirup or water, leaving ½-inch space at top of jar. Adjust jar lids. Process in boiling-water bath (212° F.)—

Pint jars..... 15 minutes

Quart jars..... 20 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot fruit to ¼ inch of top. Fill to top with hot sirup or water. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in boiling-water bath (212° F.)—

No. 2 cans..... 10 minutes

No. 2½ cans..... 10 minutes

Applesauce

Make applesauce, sweetened or unsweetened. Heat to simmering (185°–210° F.), stirring to keep it from sticking to pan.

In glass jars.—Pack hot apple-sauce to $\frac{1}{4}$ inch of top. Adjust lids. Process in boiling-water bath (212° F.)—

Pint jars 10 minutes

Quart jars 10 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot apple-sauce to top. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in boiling-water bath (212° F.)—

No. 2 cans 10 minutes

No. 2½ cans 10 minutes

Apricots

Follow method for peaches. Peeling may be omitted.

Beets, pickled

Cut off beet tops, leaving 1 inch of stem. Also leave root. Wash beets, cover with boiling water, and cook until tender. Remove skins and slice beets. For pickling sirup, use 2 cups vinegar (or 1½ cups vinegar and $\frac{1}{2}$ cup water) to 2 cups sugar. Heat to boiling.

Pack beets in glass jars to $\frac{1}{2}$ inch of top. Add $\frac{1}{2}$ teaspoon salt to pints, 1 teaspoon to quarts. Cover with boiling sirup, leaving $\frac{1}{2}$ -inch space at top of jar. Adjust jar lids. Process in boiling-water bath (212° F.)—

Pint jars 30 minutes

Quart jars 30 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

Berries, except strawberries

● **Raw Pack.**—Wash berries and drain well.

In glass jars.—Fill jars to $\frac{1}{2}$ inch of top. For a full pack, shake berries down while filling jars. Cover with boiling sirup, leaving $\frac{1}{2}$ -inch space at top. Adjust lids. Process in boiling-water bath (212° F.)—

Pint jars 10 minutes

Quart jars 15 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Fill cans to $\frac{1}{4}$ inch of top. For a full pack, shake berries down while filling cans. Fill to top with boiling sirup. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in boiling-water bath (212° F.)—

No. 2 cans 15 minutes

No. 2½ cans 20 minutes

● **Hot Pack.**—(for firm berries)—Wash berries and drain well. Add $\frac{1}{2}$ cup sugar to each quart fruit. Cover pan and bring to boil; shake pan to keep berries from sticking.

In glass jars.—Pack hot berries to $\frac{1}{2}$ inch of top. Adjust jar lids. Process in boiling-water bath (212° F.)—

Pint jars 10 minutes

Quart jars 15 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

(Continued, next page)

In tin cans.—Pack hot berries to top. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in boiling-water bath (212° F.)—

No. 2 cans 15 minutes

No. 2½ cans 20 minutes

Cherries

● **Raw Pack.**—Wash cherries; remove pits, if desired.

In glass jars.—Fill jars to ½ inch of top. For a full pack, shake cherries down while filling jars. Cover with boiling sirup, leaving ½-inch space at top. Adjust lids. Process in boiling-water bath (212° F.)—

Pint jars 20 minutes

Quart jars 25 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Fill cans to ¼ inch of top. For a full pack, shake cherries down while filling cans. Fill to top with boiling sirup. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in boiling-water bath (212° F.)—

No. 2 cans 20 minutes

No. 2½ cans 25 minutes

● **Hot Pack.**—Wash cherries; remove pits, if desired. Add ½ cup sugar to each quart fruit. Add a little water to unpitted cherries to keep them from sticking while heating. Cover pan and bring to a boil.

In glass jars.—Pack hot to ½ inch of top. Adjust jar lids. Process in boiling-water bath (212° F.)—

Pint jars 10 minutes

Quart jars 15 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot to top of cans. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in boiling-water bath (212° F.)—

No. 2 cans 15 minutes

No. 2½ cans 20 minutes

Fruit juices

Wash; remove pits, if desired, and crush fruit. Heat to simmering (185°–210° F.). Strain through cloth bag. Add sugar, if desired—about 1 cup to 1 gallon juice. Reheat to simmering.

In glass jars.—Fill jars to top with hot juice. Adjust jar lids. Process in boiling-water bath (212° F.)—

Pint jars 5 minutes

Quart jars 5 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Fill cans to top with hot juice. Seal at once. Process in boiling-water bath (212° F.)—

No. 2 cans 5 minutes

No. 2½ cans 5 minutes

Fruit purees

Use sound, ripe fruit. Wash; remove pits, if desired. Cut large fruit in pieces. Simmer until soft; add a little water if needed to keep fruit from sticking. Put through a strainer or food mill. Add sugar to taste. Heat again to simmering (185°–210° F.).

In glass jars.—Pack hot to $\frac{1}{4}$ inch of top. Adjust lids. Process in boiling-water bath (212° F.)—

Pint jars..... 10 minutes
Quart jars..... 10 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot to top. Exhaust to 170° F., about 10 minutes, and seal cans. Process in boiling-water bath (212° F.)—

No. 2 cans..... 10 minutes
No. 2½ cans..... 10 minutes

Peaches

Wash peaches and remove skins. Dipping the fruit in boiling water, then quickly in cold water makes peeling easier. Cut peaches in halves; remove pits. Slice if desired. To prevent fruit from darkening during preparation, drop it into water containing 2 tablespoons each of salt and vinegar per gallon. Drain just before heating or packing raw.

● **Raw Pack.**—Prepare peaches as directed above.

In glass jars.—Pack raw fruit to $\frac{1}{2}$ inch of top. Cover with boiling sirup, leaving $\frac{1}{2}$ -inch space at top of jar. Adjust jar lids. Process in boiling-water bath (212° F.)—

Pint jars..... 25 minutes
Quart jars..... 30 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack raw fruit to $\frac{1}{4}$ inch of top. Fill to top with boil-

ing sirup. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in boiling-water bath (212° F.)—

No. 2 cans..... 30 minutes
No. 2½ cans..... 35 minutes

● **Hot Pack.**—Prepare peaches as directed above. Heat peaches through in hot sirup. If fruit is very juicy you may heat it with sugar, adding no liquid.

In glass jars.—Pack hot fruit to $\frac{1}{2}$ inch of top. Cover with boiling liquid, leaving $\frac{1}{2}$ -inch space at top of jar. Adjust jar lids. Process in boiling-water bath (212° F.)—

Pint jars..... 20 minutes
Quart jars..... 25 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot fruit to $\frac{1}{4}$ inch of top. Fill to top with boiling liquid. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in boiling-water bath (212° F.)—

No. 2 cans..... 25 minutes
No. 2½ cans..... 30 minutes

Pears

Wash pears. Peel, cut in halves, and core. Continue as with peaches either raw pack or hot pack.

Plums

Wash plums. To can whole, prick skins. Freestone varieties may be halved and pitted.

(Continued, next page)

● **Raw Pack.**—Prepare plums as directed on page 13.

In glass jars.—Pack raw fruit to ½ inch of top. Cover with boiling sirup, leaving ½-inch space at top of jar. Adjust jar lids. Process in boiling-water bath (212° F.)—

Pint jars 20 minutes

Quart jars 25 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack raw fruit to ¼ inch of top. Fill to top with boiling sirup. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in boiling-water bath (212° F.)—

No. 2 cans 15 minutes

No. 2½ cans 20 minutes

● **Hot Pack.**—Prepare plums as directed on page 13. Heat to boiling in sirup or juice. If fruit is very juicy you may heat it with sugar, adding no liquid.

In glass jars.—Pack hot fruit to ½ inch of top. Cover with boiling liquid, leaving ½-inch space at top of jar. Adjust jar lids. Process in boiling-water bath (212° F.)—

Pint jars 20 minutes

Quart jars 25 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot fruit to ¼ inch of top. Fill to top with boiling liquid. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in boiling-water bath (212° F.)—

No. 2 cans 15 minutes

No. 2½ cans 20 minutes

Rhubarb

Wash rhubarb and cut into ½-inch pieces. Add ½ cup sugar to each quart rhubarb and let stand to draw out juice. Bring to boiling.

In glass jars.—Pack hot to ½ inch of top. Adjust lids. Process in boiling-water bath (212° F.)—

Pint jars 10 minutes

Quart jars 10 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot to top of cans. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in boiling-water bath (212° F.)—

No. 2 cans 10 minutes

No. 2½ cans 10 minutes

Sauerkraut

Heat well-fermented sauerkraut to simmering (185°–210° F.). Do not boil.

In glass jars.—Pack hot kraut to ½ inch of top. Cover with hot juice, leaving ½-inch space at top of jar. Adjust jar lids. Process in boiling-water bath (212° F.)—

Pint jars 15 minutes

Quart jars 20 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot kraut to ¼ inch of top. Fill to top with hot juice. Exhaust to 170° F. (about 10

minutes) and seal cans. Process in boiling-water bath (212° F.)—

No. 2 cans.....	20 minutes
No. 2½ cans.....	25 minutes

Tomatoes

Use only perfect, ripe tomatoes. To loosen skins, dip into boiling water for about ½ minute; then dip quickly into cold water. Cut out stem ends and peel tomatoes.

● **Raw Pack.**—Leave tomatoes whole or cut in halves or quarters.

In glass jars.—Pack tomatoes to ½ inch of top, pressing gently to fill spaces. Add no water. Add ½ teaspoon salt to pints; 1 teaspoon to quarts. Adjust lids. Process in boiling-water bath (212° F.)—

Pint jars.....	35 minutes
Quart jars.....	45 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack tomatoes to top of cans, pressing gently to fill spaces. Add no water. Add ½ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2½. Exhaust to 170° F. (about 15 minutes) and seal cans. Process in boiling-water bath (212° F.)—

No. 2 cans.....	45 minutes
No. 2½ cans.....	55 minutes

● **Hot Pack.**—Quarter peeled tomatoes. Bring to boil; stir to keep tomatoes from sticking.

In glass jars.—Pack boiling-hot tomatoes to ½ inch of top. Add ½

teaspoon salt to pints; 1 teaspoon to quarts. Adjust jar lids. Process in boiling-water bath (212° F.)—

Pint jars.....	10 minutes
Quart jars.....	10 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack boiling-hot tomatoes to ¼ inch of top. Add no water. Add ½ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2½ cans. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in boiling-water bath (212° F.)—

No. 2 cans.....	10 minutes
No. 2½ cans.....	10 minutes

Tomato juice

Use ripe, juicy tomatoes. Wash, remove stem ends, cut into pieces. Simmer until softened, stirring often. Put through strainer. Add 1 teaspoon salt to each quart juice. Re-heat at once just to boiling.

In glass jars.—Fill jars with boiling-hot juice to ¼ inch of top. Adjust jar lids. Process in boiling-water bath (212° F.)—

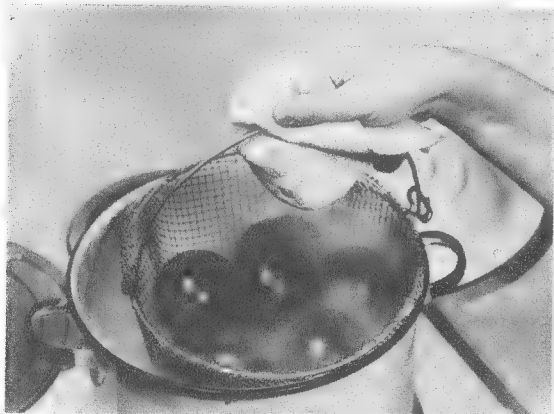
Pint jars.....	10 minutes
Quart jars.....	10 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Fill cans to top with boiling-hot juice. Seal cans at once. Process in boiling-water bath (212° F.)—

No. 2 cans.....	15 minutes
No. 2½ cans.....	15 minutes

How to raw pack acid foods . . . TOMATOES



Use firm, ripe tomatoes. Wash them thoroughly, taking care not to bruise. Prepare only enough for a canner load at a time.

Put tomatoes, in a wire basket or thin cloth, into a kettle of boiling water, cover. Remove after about $\frac{1}{2}$ minute and dip quickly into cold water. (NEG. 76787B)



Cut out stem ends and peel tomatoes. Cut or leave whole.

Place clean, wet rubber ring on shoulder of jar that has been washed in soapy water and rinsed well. (NEG. 76789B)



Pack tomatoes into jars, pressing down enough to fill spaces. Fill jars to $\frac{1}{2}$ inch of top.

Add $\frac{1}{2}$ teaspoon salt to pints, 1 teaspoon to quarts. (NEG. 76792B)

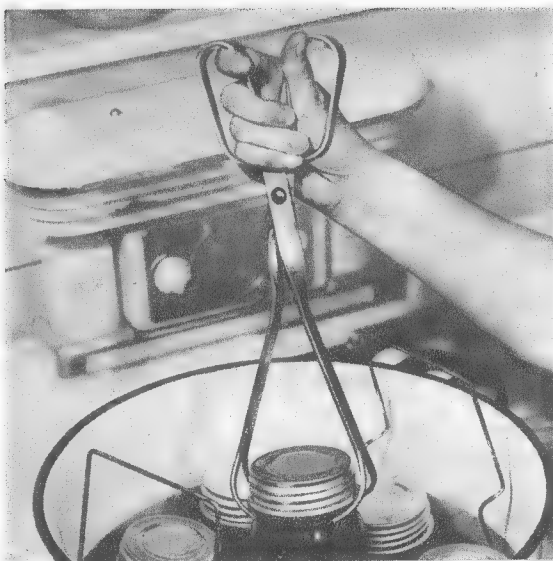


Wipe jar rim and rubber ring with a clean, damp cloth. Food on the sealing surface may prevent an airtight seal.

Screw cap down tight, then turn back $\frac{1}{4}$ inch. (NEG. 76796B)

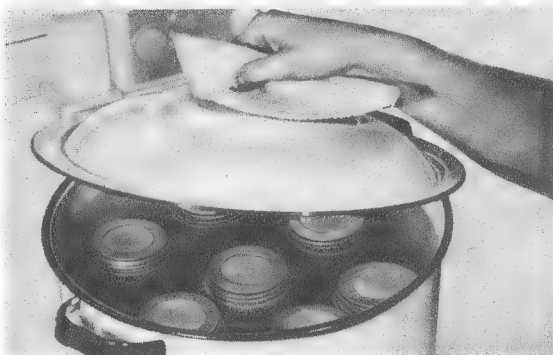
Place filled jars in canner containing hot, but not boiling, water. Add boiling water if needed to bring to 1 or 2 inches over jar tops. Be careful not to pour water directly on jars.

(NEG. 76797B)



Put cover on canner. When water boils, begin to count time. At sea level, process pint jars of tomatoes 35 minutes, quart jars 45 minutes. (For higher altitudes, see p. 9.)

(NEG. 76786B)



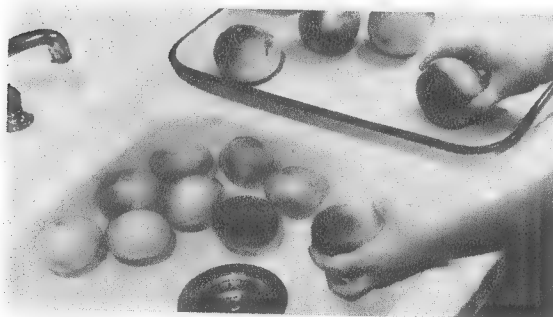
When time's up, remove jars from canner. Complete seal by screwing the cap down tight.

Cool, top side up, on a rack or folded cloth, away from drafts.

(NEG. 76799B)



How to hot pack acid foods . . . PEACHES



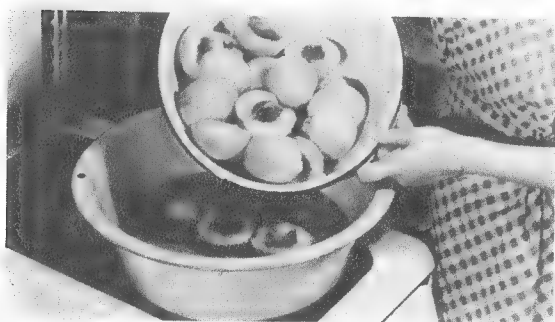
Choose peaches that are sound, ripe, firm. Wash them well. Lift them out of water, taking care not to bruise them. Work with only enough for one canner load at a time.

(NEG. 286A)



Remove skins, halve and pit fruit. Peaches can be peeled more quickly if they are dipped first in boiling water, then in cold water. To keep them from turning dark, drop them into water containing 2 tablespoons each of salt and vinegar per gallon.

(NEG. 76146B)



Drain peaches and put them immediately into boiling sugar sirup. (See directions for sirup, p. 8.) Heat fruit through (about 5 minutes), but don't cook until soft.

(NEG. 76156B)



In the meantime, heat clean jars and lids in water. When ready to pack, remove one jar at a time from the hot water, and put hot, wet rubber ring on jar.

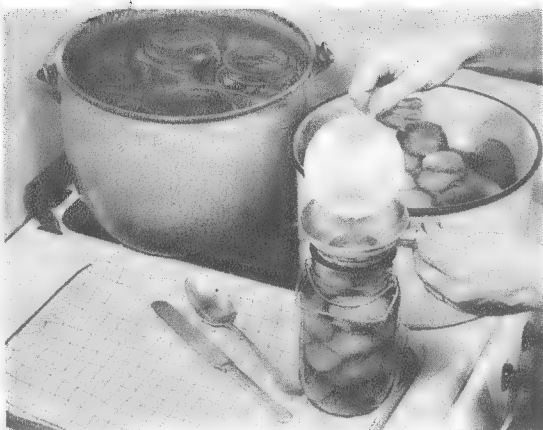
Pack peaches loosely. Leave 1/2-inch space at top of jar.

(NEG. 75852B)

Cover peaches with boiling sirup, leaving $\frac{1}{2}$ -inch space at top of jar. It will take about $\frac{3}{4}$ to 1 cup of sirup to each quart jar.

Wipe jar rim and rubber ring with ■ damp cloth. Put on lid. Push long wire bail over lid into center groove. Leave short wire up.

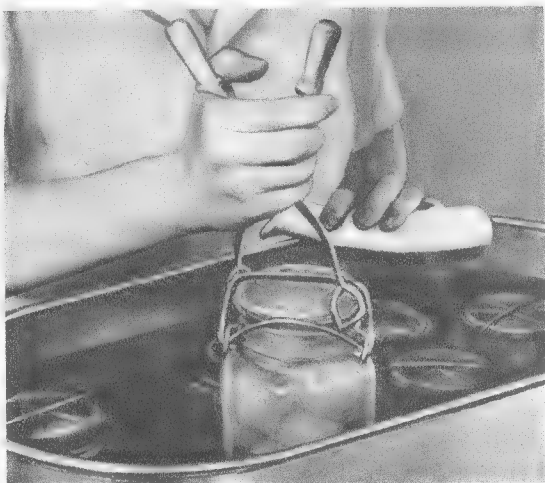
(NEG. 75854B)



As soon as each jar is filled, put it into canner of hot water. When all jars are in, see that water comes over tops.

When water boils, count time—20 minutes for pints of peaches and 25 minutes for quarts, at sea level. (For higher altitudes, see p. 9.)

(NEG. 75847B)



When time's up, take jars from canner. Quickly push the short wire down to complete seal. Cool jars, top side up, on ■ rack or folded cloth. Keep jars away from drafts, but don't cover.

(NEG. 75840B)



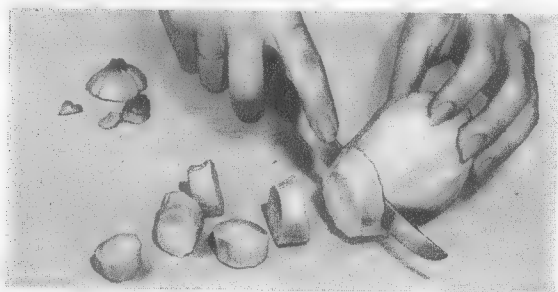
How to raw pack low-acid foods . . .

SUMMER SQUASH



Select fresh, young, tender squash. Wash thoroughly, a vegetable brush helps remove sand or dirt.

(NEG. 78349B)



Trim off ends and cut squash into 1/2-inch slices. Halve or quarter to make pieces of uniform size.

(NEG. 78350B)



Pack raw squash tightly into clean jars to 1 inch of top. Add 1/2 teaspoon salt to pints, 1 teaspoon to quarts. Wipe jar rims clean.

(NEG. 78351B)

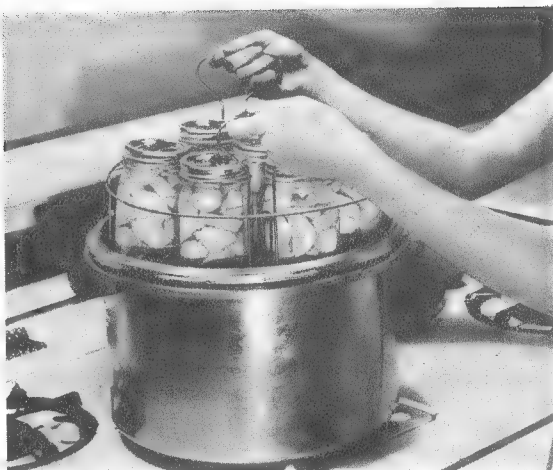


Fill jar to top with boiling water. Place clean, hot metal lid on jar so that sealing compound is next to the glass. Screw metal band on firmly.

(NEG. 78352B)

Have 2 or 3 inches of boiling water in the pressure canner. Place filled jars in canner.

(NEG. 78353B)



Put on canner cover and turn to the locked position. Leave vent open, and use full heat. Let steam escape for 10 minutes. Close vent. Bring pressure up to 10 pounds. Process 25 minutes for pints of squash and 30 minutes for quarts, at sea level. (For higher altitudes, see p. 27).

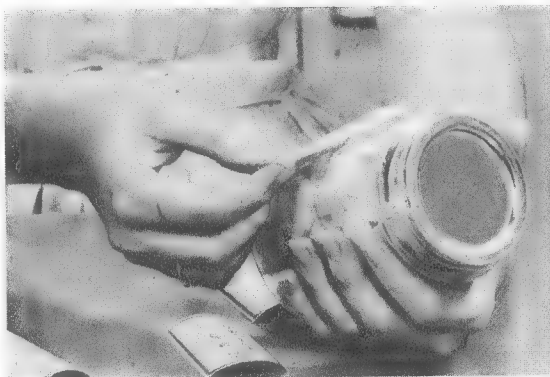
(NEG. 78354B)



When time is up, remove canner from heat. Let pressure drop to zero. Slowly open vent. Remove cover, tilting the far side up, to keep steam away from your face.

Put jars on a rack or folded cloth out of drafts to cool. Do not tighten bands on these self-sealing closures. Label to show contents, date, and lot number.

(NEG. 78348B)



How to hot pack low-acid foods . . .

SNAP BEANS



Select beans fresh from the garden—young, tender, firm, and crisp. Wash them in several waters, lifting them out of the water so dirt that's washed off won't be drained back over them.

Trim and cut the beans. Prepare only enough for one canner load at a time. (NEG. 280A)



Cover beans with boiling water and boil 5 minutes.

Meantime, heat clean jars in water. Take one jar from the water at a time when you pack. Place hot jar on a folded cloth to keep it off a cold surface. (NEG. 75767B)



Pack hot beans loosely to $\frac{1}{2}$ inch of top. Add 1 teaspoon salt to quarts, $\frac{1}{2}$ teaspoon to pints.

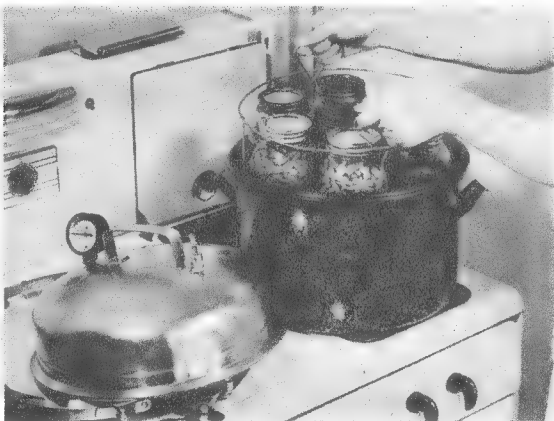
Cover with hot cooking liquid, leaving $\frac{1}{2}$ -inch space at top of jar. Wipe jar rims clean. (NEG. 75769B)

Place clean, hot metal lid on jar so that sealing compound is next to the glass. Screw metal band on firmly.

Place filled jars in pressure canner, which has 2 or 3 inches of boiling water in the bottom.

Fasten canner cover tight. Let steam escape from vent for at least 10 minutes. Then close vent. Let pressure rise to 10 pounds.

(NEG. 75773B)



Process quarts of beans 25 minutes, pints 20, at sea level. (For higher altitudes, see p. 27.)

Remove canner from heat. When pressure falls to zero, slowly open vent. Remove cover. Tilt far side up, to keep steam away from your face.

(NEG. 75778B)



Remove jars from canner, grasping glass shoulder, not metal band. This is a self-sealing-type closure; do not tighten band. Cool jars on rack, out of drafts.

(NEG. 75781B)



How to can low-acid foods in tin cans . . .

WHOLE-KERNEL CORN



Husk corn. Use sound, well-developed ears. Remove silk and wash the corn. Using a sharp knife, cut with a smooth stroke at about two-thirds the depth of the kernels. A nail driven at an angle through the cutting board will help hold the cob steady.

(NEG. 76621B)



Measure corn. Put 2 or 3 quarts at a time into a pan, and add half as much boiling water as corn. Cover pan and let mixture come to a rolling boil.

(NEG. 76599B)



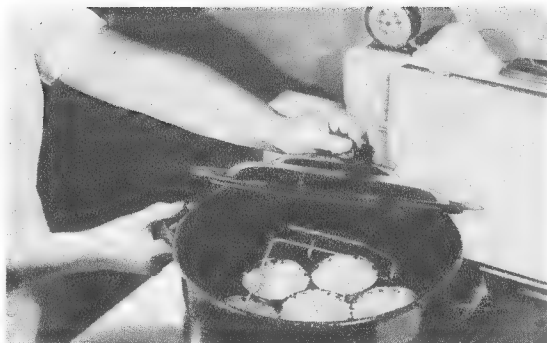
Fill clean C-enamel cans with hot corn, leaving $\frac{1}{2}$ -inch space at top. Add $\frac{1}{2}$ teaspoon salt to No. 2 cans, 1 teaspoon to No. 2 $\frac{1}{2}$ cans. Fill cans to top with hot cooking liquid.

(NEG. 76624B)

Bring to right sealing temperature (170° F.) by exhausting: Place open cans in a kettle with boiling water to within 2 inches of can tops; cover kettle; bring water back to boiling; boil for 10 minutes.

Remove cans. Wipe lids with a damp cloth and place on cans.

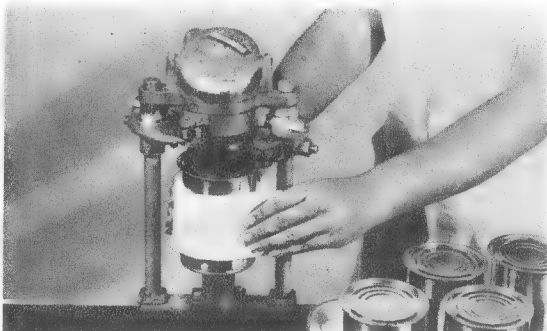
(NEG. 76629B)



Seal cans at once. A folded towel protects hands while cans are lifted to platform of sealer. While sealing one lot of cans, have another lot heating.

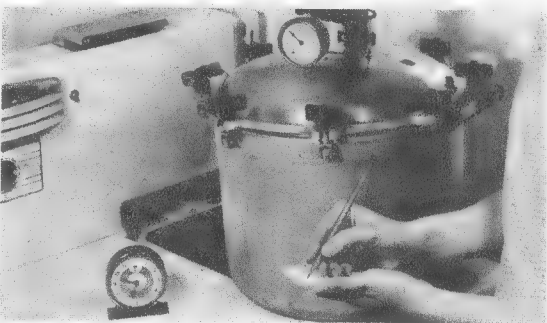
Place sealed cans on rack in pressure canner, which has 2 or 3 inches of boiling water in the bottom. Stagger cans if a second layer is placed on the first.

(NEG. 76627B)



Fasten canner cover. Be sure vent is open. Use full heat. Let steam escape at least 10 minutes. Close vent. Bring pressure to 10 pounds. Process 60 minutes for No. 2 and No. 2½ cans of corn, at sea level. (For higher altitudes, see p. 27.)

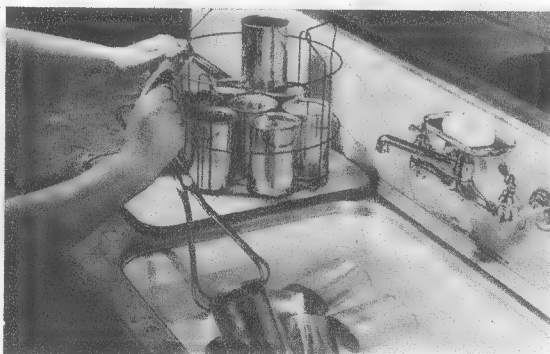
(NEG. 76213B)



At end of processing time slowly open vent. When pressure is zero, take cover off canner.

Plunge cans at once into cold, clean water. Remove them from water while they are still slightly warm so they will dry quickly. If you stack cans, stagger them to speed cooling and drying.

(NEG. 76619B)



How To Can Vegetables

Can vegetables according to general directions on pages 4 to 7, the detailed directions for each vegetable on pages 28 to 39, and special directions below that apply only to vegetables.

Three picture sequences on pages 20 to 25 show how these various directions are combined in step-by-step order.

Points on Packing

Raw pack.—Pack cold raw vegetables tightly into container and cover with boiling water.

Hot pack.—Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty, or strong-flavored, and when there isn't enough cooking liquid.

Processing in a Pressure Canner

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions.—Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.

- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.

- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).

- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.

- Let pressure rise to 10 pounds (240° F.). The moment this pressure is reached start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.

- When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

With tin cans, release steam in canner as soon as canner is removed from heat by opening petcock or taking off weighted gage. Then take off canner cover and remove cans.

Processing times.—Processing times recommended in the detailed directions (pp. 28 to 39) are only for vegetables prepared and packed as specified in these directions.

If you live at an altitude less than 2,000 feet above sea level, process vegetables at 10 pounds pressure.

At altitudes above sea level it takes more than 10 pounds pressure to reach 240° F. To obtain this necessary temperature, adjust processing pressure at higher altitudes as follows:

If you live at an altitude of—	Process at—
2,000 feet.....	11 pounds pressure.
4,000 feet.....	12 pounds pressure.
6,000 feet.....	13 pounds pressure.
8,000 feet.....	14 pounds pressure.
10,000 feet.....	15 pounds pressure.

A weighted gage may need to be corrected for altitude by the manufacturer.

To Figure Yield of Canned Vegetables From Fresh

The number of quarts of canned food you can get from a given amount of fresh vegetables depends on quality, condition, maturity, and variety of the vegetable, size of pieces, and on the way the vegetable is packed—raw or hot pack.

For one quart of canned food, it takes the following amount of fresh vegetables, as purchased or picked:

	Pounds
Asparagus.....	2½ to 4½
Beans, lima, in pods.....	3 to 5
Beans, snap.....	1½ to 2½
Beets, without tops.....	2 to 3½
Carrots, without tops.....	2 to 3
Corn, sweet, in husks (canned whole-kernel style).....	3 to 6
Okra.....	1½
Peas, green, in pods.....	3 to 6
Pumpkin or winter squash.....	1½ to 3
Spinach and other greens.....	2 to 6
Squash, summer.....	2 to 4
Sweetpotatoes.....	2 to 3

Directions for Vegetables

Asparagus

● **Raw Pack.**—Wash asparagus; trim off scales and tough ends and wash again. Cut into 1-inch pieces.

In glass jars.—Pack asparagus as tightly as possible without crushing to $\frac{1}{2}$ inch of top. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water, leaving $\frac{1}{2}$ -inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars..... 25 minutes

Quart jars..... 30 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack asparagus as tightly as possible without crushing to $\frac{1}{4}$ inch of top. Add $\frac{1}{2}$ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2½ cans. Fill to top with boiling water. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans..... 20 minutes

No. 2½ cans..... 20 minutes

● **Hot Pack.**—Wash asparagus; trim off scales and tough ends and wash again. Cut into 1-inch pieces. Cover with boiling water. Boil 2 or 3 minutes.

In glass jars.—Pack hot asparagus loosely to $\frac{1}{2}$ inch of top. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling-hot cooking liquid, or if liquid contains

grit use boiling water. Leave $\frac{1}{2}$ -inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars..... 25 minutes

Quart jars..... 30 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot asparagus loosely to $\frac{1}{4}$ inch of top. Add $\frac{1}{2}$ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2½ cans. Fill to top with boiling-hot cooking liquid, or if liquid contains grit use boiling water. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans..... 20 minutes

No. 2½ cans..... 20 minutes

Beans, dry, with tomato or molasses sauce

Sort and wash dry beans (kidney, navy, or yellow eye). Cover with boiling water; boil 2 minutes, remove from heat and let soak 1 hour. Heat to boiling, drain, and save liquid for making sauce.

In glass jars.—Fill jars three-fourths full with hot beans. Add a small piece of salt pork, ham, or bacon. Fill to $\frac{1}{2}$ inch of top with hot sauce (see recipes on p. 29). Adjust jar

lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars..... 65 minutes
Quart jars..... 75 minutes

As soon as you remove jars from canner, complete seals if closures are not self-sealing type.

In tin cans.—Fill cans three-fourths full with hot beans. Add a small piece of salt pork, ham, or bacon. Fill to ¼ inch of top with hot sauce (see recipes below). Exhaust to 170° F. (about 20 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans..... 65 minutes
No. 2½ cans..... 75 minutes

Tomato sauce.—Mix 1 quart tomato juice, 3 tablespoons sugar, 2 teaspoons salt, 1 tablespoon chopped onion, and ¼ teaspoon mixture of ground cloves, allspice, mace, and cayenne. Heat to boiling.

Or mix 1 cup tomato catsup with 3 cups of water or soaking liquid from beans and heat to boiling.

Molasses sauce.—Mix 1 quart water or soaking liquid from beans, 3 tablespoons dark molasses, 1 tablespoon vinegar, 2 teaspoons salt, and ¼ teaspoon powdered dry mustard. Heat to boiling.

Beans, dry, baked

Soak and boil beans according to directions for beans with tomato or molasses sauce.

Place small pieces of salt pork, ham, or bacon in earthenware crock.

Add beans. Add enough molasses sauce to cover beans. Cover crock and bake 4 to 5 hours at 350° F.

(moderate oven). Add water as needed—about every hour.

In glass jars.—Pack hot beans to ¼ inch of top. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars..... 80 minutes
Quart jars..... 100 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot beans to ¼ inch of top. Exhaust to 170° F. (about 15 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans..... 95 minutes
No. 2½ cans..... 115 minutes

Beans, fresh lima

Can only young, tender beans.

● **Raw Pack.**—Shell and wash beans.

In glass jars.—Pack raw beans into clean jars. For small-type beans, fill to 1 inch of top of jar for pints and 1½ inches for quarts; for large beans, fill to ¾ inch of top for pints and 1¼ inches for quarts. Beans should not be pressed or shaken down. Add ½ teaspoon salt to pints; 1 teaspoon to quarts. Fill jars to top with boiling water. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars..... 40 minutes
Quart jars..... 50 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

(Continued, next page)

In tin cans.—Pack raw beans to $\frac{3}{4}$ inch of top; do not shake or press beans down. Add $\frac{1}{2}$ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2 $\frac{1}{2}$ cans. Fill cans to top with boiling water. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans 40 minutes

No. 2 $\frac{1}{2}$ cans 40 minutes

● **Hot Pack.**—Shell the beans, cover with boiling water, and bring to boil.

In glass jars.—Pack hot beans loosely to 1 inch of top. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water, leaving 1-inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars 40 minutes

Quart jars 50 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot beans loosely to $\frac{1}{2}$ inch of top. Add $\frac{1}{2}$ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2 $\frac{1}{2}$ cans. Fill to top with boiling water. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans 40 minutes

No. 2 $\frac{1}{2}$ cans 40 minutes

Beans, snap

● **Raw Pack.**—Wash beans. Trim ends; cut into 1-inch pieces.

In glass jars.—Pack raw beans tightly to $\frac{1}{2}$ inch of top. Add $\frac{1}{2}$

teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water, leaving $\frac{1}{2}$ -inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars 20 minutes

Quart jars 25 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack raw beans tightly to $\frac{1}{4}$ inch of top. Add $\frac{1}{2}$ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2 $\frac{1}{2}$ cans. Fill to top with boiling water. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans 25 minutes

No. 2 $\frac{1}{2}$ cans 30 minutes

● **Hot Pack.**—Wash beans. Trim ends; cut into 1-inch pieces. Cover with boiling water; boil 5 minutes.

In glass jars.—Pack hot beans loosely to $\frac{1}{2}$ inch of top. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling-hot cooking liquid, leaving $\frac{1}{2}$ -inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars 20 minutes

Quart jars 25 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot beans loosely to $\frac{1}{4}$ inch of top. Add $\frac{1}{2}$ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2 $\frac{1}{2}$ cans. Fill to top with boiling-hot cooking liquid. Exhaust to 170° F. (about 10 minutes) and seal

cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans. 25 minutes

No. 2½ cans. 30 minutes

Beets

Sort beets for size. Cut off tops, leaving an inch of stem. Also leave root. Wash beets. Cover with boiling water and boil until skins slip easily—15 to 25 minutes, depending on size. Skin and trim. Leave baby beets whole. Cut medium or large beets in ½-inch cubes or slices; halve or quarter very large slices.

In glass jars.—Pack hot beets to ½ inch of top. Add ½ teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water, leaving ½-inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars. 30 minutes

Quart jars. 35 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot beets to ¼ inch of top. Add ½ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2½ cans. Fill to top with boiling water. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans. 30 minutes

No. 2½ cans. 30 minutes

Beets, pickled. See page 11.

Carrots

● **Raw Pack.**—Wash and scrape carrots. Slice or dice.

In glass jars.—Pack raw carrots tightly into clean jars, to 1 inch of top of jar. Add ½ teaspoon salt to pints; 1 teaspoon to quarts. Fill jar to top with boiling water. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars. 25 minutes

Quart jars. 30 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack raw carrots tightly into cans to ½ inch of top. Add ½ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2½ cans. Fill cans to top with boiling water. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans. 25 minutes

No. 2½ cans. 30 minutes

● **Hot Pack.**—Wash and scrape carrots. Slice or dice. Cover with boiling water and bring to boil.

In glass jars.—Pack hot carrots to ½ inch of top. Add ½ teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling-hot cooking liquid, leaving ½-inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars. 25 minutes

Quart jars. 30 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot carrots to ¼ inch of top. Add ½ teaspoon salt

to No. 2 cans; 1 teaspoon to No. 2½ cans. Fill with boiling-hot cooking liquid. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans. 20 minutes

No. 2½ cans. 25 minutes

Corn, cream-style

● **Raw Pack.**—Husk corn and remove silk. Wash. Cut corn from cob at about center of kernel and scrape cobs.

In glass jars.—Use pint jars only. Pack corn to 1 inch of top; do not shake or press down. Add ½ teaspoon salt to each jar. Fill to top with boiling water. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars. 95 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Use No. 2 cans only. Pack corn to ½ inch of top; do not shake or press down. Add ½ teaspoon salt to each can. Fill cans to top with boiling water. Exhaust to 170° F. (about 25 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans. 105 minutes

● **Hot Pack.**—Husk corn and remove silk. Wash. Cut corn from cob at about center of kernel and scrape cob. To each quart of corn add 1 pint boiling water. Heat to boiling.

In glass jars.—Use pint jars only. Pack hot corn to 1 inch of top. Add ½ teaspoon salt to each jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars. 85 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Use No. 2 cans only. Pack hot to top. Add ½ teaspoon salt to each can. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans. 105 minutes

Corn, whole-kernel

● **Raw Pack.**—Husk corn and remove silk. Wash. Cut from cob at about two-thirds the depth of kernel.

In glass jars.—Pack corn to 1 inch of top; do not shake or press down. Add ½ teaspoon salt to pints; 1 teaspoon to quarts. Fill to top with boiling water. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars. 55 minutes

Quart jars. 85 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack corn to ½ inch of top; do not shake or press down. Add ½ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2½ cans. Fill to top with boiling water. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans. 60 minutes

No. 2½ cans. 60 minutes

● **Hot Pack.**—Husk corn and remove silk. Wash. Cut from cob at about two-thirds the depth of kernel. To each quart of corn add 1 pint boiling water. Heat to boiling.

In glass jars.—Pack hot corn to 1 inch of top and cover with boiling-hot cooking liquid, leaving 1-inch space at top of jar. Or fill to 1 inch of top with mixture of corn and liquid. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars..... 55 minutes
 Quart jars..... 85 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot corn to $\frac{1}{2}$ inch of top and fill to top with boiling-hot cooking liquid. Or fill to top with mixture of corn and liquid. Add $\frac{1}{2}$ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2½ cans. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans..... 60 minutes
 No. 2½ cans..... 60 minutes

(about 5 minutes). Separate the tips from the corn by floating them off in water or by placing the corn in a coarse sieve and washing thoroughly. Add sufficient water to cover hominy about 1 inch, and boil 5 minutes; change water. Repeat 4 times. Then cook until kernels are soft ($\frac{1}{2}$ to $\frac{3}{4}$ hour) and drain. This will make about 6 quarts of hominy.

In glass jars.—Pack hot hominy to $\frac{1}{2}$ inch of top. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water, leaving $\frac{1}{2}$ -inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars..... 60 minutes
 Quart jars..... 70 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot hominy to $\frac{1}{4}$ inch of top. Add $\frac{1}{2}$ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2½ cans. Fill to top with boiling water. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans..... 60 minutes
 No. 2½ cans..... 70 minutes

Hominy

Place 2 quarts of dry field corn in an enameled pan; add 8 quarts of water and 2 ounces of lye. Boil vigorously $\frac{1}{2}$ hour, then allow to stand for 20 minutes. Rinse off the lye with several hot water rinses. Follow with cold water rinses to cool for handling.

Work hominy with the hands until dark tips of kernels are removed

Mushrooms

Trim stems and discolored parts of mushrooms. Soak mushrooms in cold water for 10 minutes to remove adhering soil. Wash in clean water. Leave small mushrooms whole; cut larger ones in halves or quarters.

(Continued, next page)

Mushrooms—Continued

Steam 4 minutes or heat gently for 15 minutes without added liquid in a covered saucepan.

In glass jars.—Pack hot mushrooms to $\frac{1}{2}$ inch of top. Add $\frac{1}{4}$ teaspoon salt to half pints; $\frac{1}{2}$ teaspoon to pints. For better color, add crystalline ascorbic acid— $\frac{1}{16}$ teaspoon to half-pints; $\frac{1}{8}$ teaspoon to pints. Add boiling-hot cooking liquid or boiling water to cover mushrooms, leaving $\frac{1}{2}$ -inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Half-pint jars 30 minutes

Pint jars 30 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot mushrooms to $\frac{1}{4}$ inch of top of cans. Add $\frac{1}{4}$ teaspoon salt to No. 1 cans; $\frac{1}{2}$ teaspoon to No. 2 cans. For better color, add crystalline ascorbic acid— $\frac{1}{16}$ teaspoon to No. 1 cans; $\frac{1}{8}$ teaspoon to No. 2 cans. Fill to top with boiling-hot cooking liquid or boiling water. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 1 cans 30 minutes

No. 2 cans 30 minutes

Okra

Can only tender pods. Wash; trim. Cook for 1 minute in boiling water. Cut into 1-inch lengths or leave pods whole.

In glass jars.—Pack hot okra to $\frac{1}{2}$ inch of top. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water, leaving $\frac{1}{2}$ -inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars 25 minutes

Quart jars 40 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot okra to $\frac{1}{4}$ inch of top. Add $\frac{1}{2}$ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2½ cans. Fill to top with boiling water. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans 25 minutes

No. 2½ cans 35 minutes

Peas, fresh blackeye (cow-peas, blackeye beans)

● **Raw Pack.**—Shell and wash black-eye peas.

In glass jars.—Pack raw black-eye peas to 1½ inches of top of pint jars and 2 inches of top of quart jars; do not shake or press peas down. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water, leaving $\frac{1}{2}$ -inch space at top of jars. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars 35 minutes

Quart jars 40 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack raw black-eye peas to $\frac{3}{4}$ inch of top; do not shake or press down. Add $\frac{1}{2}$ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2½ cans. Cover with boiling water, leaving $\frac{1}{4}$ -inch space at top of cans. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans 35 minutes

No. 2½ cans 40 minutes

● **Hot Pack.**—Shell and wash black-eye peas, cover with boiling water, and bring to a rolling boil. Drain.

In glass jars.—Pack hot blackeye peas to 1¼ inches of top of pint jars and 1½ inches of top of quart jars; do not shake or press peas down. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water, leaving $\frac{1}{2}$ -inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars 35 minutes

Quart jars 40 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot black-eye peas to $\frac{1}{2}$ inch of top; do not shake or press peas down. Add $\frac{1}{2}$ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2½ cans. Cover with boiling water, leaving $\frac{1}{4}$ -inch space at top of cans. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans 30 minutes

No. 2½ cans 35 minutes

Peas, fresh green

● **Raw Pack.**—Shell and wash peas.

In glass jars.—Pack peas to 1 inch of top; do not shake or press down. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water, leaving 1-inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars 40 minutes

Quart jars 40 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack peas to $\frac{1}{4}$ inch of top; do not shake or press down. Add $\frac{1}{2}$ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2½ cans. Fill to top with boiling water. Exhaust to 170° F. (about 10 minutes) and seal cans. Process at 10 pounds pressure (240° F.)—

No. 2 cans 30 minutes

No. 2½ cans 35 minutes

● **Hot Pack.**—Shell and wash peas. Cover with boiling water. Bring to boil.

In glass jars.—Pack hot peas loosely to 1 inch of top. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water, leaving 1-inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars 40 minutes

Quart jars 40 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

(Continued, next page)

Peas, fresh green—Continued

In tin cans.—Pack hot peas loosely to $\frac{1}{4}$ inch of top. Add $\frac{1}{2}$ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2½ cans. Fill to top with boiling water. Exhaust to 170° F (about 10 minutes) and seal cans. Process at 10 pounds pressure (240° F.)—

No. 2 cans 30 minutes
No. 2½ cans 35 minutes

Potatoes, cubed

Wash, pare, and cut potatoes into $\frac{1}{2}$ -inch cubes. Dip cubes in brine (1 teaspoon salt to 1 quart water) to prevent darkening. Drain. Cook for 2 minutes in boiling water, drain.

In glass jars.—Pack hot potatoes to $\frac{1}{2}$ inch of top. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water, leaving $\frac{1}{2}$ -inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars 35 minutes
Quart jars 40 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot potatoes to $\frac{1}{4}$ inch of top. Add $\frac{1}{2}$ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2½ cans. Fill to top with boiling water. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans 35 minutes
No. 2½ cans 40 minutes

Potatoes, whole

Use potatoes 1 to 2½ inches in diameter. Wash, pare, and cook in boiling water for 10 minutes. Drain.

In glass jars.—Pack hot potatoes to $\frac{1}{2}$ inch of top. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water, leaving $\frac{1}{2}$ -inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars 30 minutes
Quart jars 40 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot potatoes to $\frac{1}{4}$ -inch of top. Add $\frac{1}{2}$ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2½ cans. Fill to top with boiling water. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans 35 minutes
No. 2½ cans 40 minutes

Pumpkin, cubed

Wash pumpkin, remove seeds, and pare. Cut into 1-inch cubes. Add just enough water to cover; bring to boil.

In glass jars.—Pack hot cubes to $\frac{1}{2}$ -inch of top. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts. Cover with hot cooking liquid, leaving $\frac{1}{2}$ -inch space at top of jar. Adjust jar lids. Process in pressure

canner at 10 pounds pressure (240° F.)—

Pint jars..... 55 minutes
Quart jars..... 90 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot cubes to $\frac{1}{4}$ inch of top. Add $\frac{1}{2}$ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2½ cans. Fill to top with hot cooking liquid. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans..... 50 minutes
No. 2½ cans..... 75 minutes

Pumpkin, strained

Wash pumpkin, remove seeds, and pare. Cut into inch cubes. Steam until tender, about 25 minutes. Put through food mill or strainer. Simmer until heated through; stir to keep pumpkin from sticking to pan.

In glass jars.—Pack hot to $\frac{1}{2}$ inch of top. Add no liquid or salt. Adjust jar lids. Process at 10 pounds pressure (240° F.)—

Pint jars..... 65 minutes
Quart jars..... 80 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot to $\frac{1}{8}$ inch of top. Add no liquid or salt. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure

canner at 10 pounds pressure (240° F.)—

No. 2 cans..... 75 minutes
No. 2½ cans..... 90 minutes

Sauerkraut. See page 14.

Spinach (and other greens)

Can only freshly picked, tender spinach. Pick over and wash thoroughly. Cut out tough stems and midribs. Place about 2½ pounds of spinach in a cheesecloth bag and steam about 10 minutes or until well wilted.

In glass jars.—Pack hot spinach loosely to $\frac{1}{2}$ inch of top. Add $\frac{1}{4}$ teaspoon salt to pints; $\frac{1}{2}$ teaspoon to quarts. Cover with boiling water, leaving $\frac{1}{2}$ -inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars..... 70 minutes
Quart jars..... 90 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot spinach loosely to $\frac{1}{4}$ inch of top. Add $\frac{1}{4}$ teaspoon salt to No. 2 cans; $\frac{1}{2}$ teaspoon to No. 2½ cans. Fill to top with boiling water. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans..... 65 minutes
No. 2½ cans..... 75 minutes

Squash, summer

● **Raw Pack.**—Wash but do not pare squash. Trim ends. Cut squash into ½-inch slices; halve or quarter to make pieces of uniform size.

In glass jars.—Pack raw squash tightly into clean jars to 1 inch of top of jar. Add ½ teaspoon salt to pints; 1 teaspoon to quarts. Fill jar to top with boiling water. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars 25 minutes

Quart jars 30 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack raw squash tightly into cans to ½ inch of top. Add ½ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2½ cans. Fill cans to top with boiling water. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans 20 minutes

No. 2½ cans 20 minutes

● **Hot Pack.**—Wash squash and trim ends; do not pare. Cut squash into ½-inch slices; halve or quarter to make pieces of uniform size. Add just enough water to cover. Bring to boil.

In glass jars.—Pack hot squash loosely to ½ inch of top. Add ½ teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling-hot cooking liquid, leaving ½-inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars 30 minutes

Quart jars 40 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot squash loosely to ¼ inch of top. Add ½ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2½ cans. Fill to top with boiling-hot cooking liquid. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans 20 minutes

No. 2½ cans 20 minutes

Squash, winter

Follow method for pumpkin.

Sweetpotatoes, dry pack

Wash sweetpotatoes. Sort for size. Boil or steam until partially soft (20 to 30 minutes). Skin. Cut in pieces if large.

In glass jars.—Pack hot sweetpotatoes tightly to 1 inch of top, pressing gently to fill spaces. Add no salt or liquid. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars 65 minutes

Quart jars 95 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot sweetpotatoes tightly to top of can, pressing gently to fill spaces. Add no salt or liquid. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in

pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans 80 minutes

No. 2½ cans 95 minutes

Sweetpotatoes, wet pack

Wash sweetpotatoes. Sort for size. Boil or steam just until skins slip easily. Skin and cut in pieces.

In glass jars.—Pack hot sweetpotatoes to 1 inch of top. Add ½ teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water or medium sirup, leaving 1-inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars 55 minutes

Quart jars 90 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Pack hot sweetpotatoes to ¼ inch of top. Add ½ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2½ cans. Fill to top with boiling water or medium sirup. Exhaust to 170° F. (about 10 minutes) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans 70 minutes

No. 2½ cans 90 minutes

Vegetable-beef stew

● **Raw Pack.**—Mix the following ingredients:

2 quarts stewing beef, cut in 1½-inch cubes

2 quarts potatoes, cut in ½-inch cubes

2 quarts carrots, cut in ½-inch cubes

3 cups celery, cut in ¼-inch pieces

1¾ quarts small whole onions, 1 inch or less in diameter

In glass jars.—Fill jars to top with raw vegetable-meat mixture. Add ½ teaspoon salt to pints; 1 teaspoon to quarts. Do not add liquid. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)—

Pint jars 60 minutes

Quart jars 75 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.—Fill cans to top with raw vegetable-meat mixture. Add ½ teaspoon salt to No. 2 cans; 1 teaspoon to No. 2½ cans. Do not add liquid. Exhaust to 170° F. (about 50 minutes) and seal cans. Process in pressure canner (240° F.)—

No. 2 cans 40 minutes

No. 2½ cans 45 minutes

Questions and Answers

Q. *Is it safe to process foods in the oven?*

A. No, oven canning is dangerous. Jars may seal during processing and explode, wrecking the stove and seriously cutting or burning persons. The temperature of the food in the jars during oven processing does not get high enough to insure destruction of spoilage bacteria in vegetables without exceedingly long processes.

Q. *Why is the open-kettle method not recommended for canning fruits and vegetables?*

A. In open-kettle canning, food is cooked in an ordinary kettle, then packed into hot jars and sealed without processing. For vegetables, the temperatures obtained in open-kettle canning are not high enough to destroy all the spoilage organisms that may be in the food unless it is cooked for an excessively long time. Also, when the food is transferred from kettle to jar, bacteria may get in and cause food to spoil.

Q. *May a pressure canner be used for processing fruits?*

A. Yes. If it is deep enough it may be used as a water-bath canner (p. 2). Or you may use a pressure canner to process fruits at 0 to 1 pound pressure without having the containers of food completely covered with water. Put water in the canner to the shoulders of the jars; fasten cover. When live steam pours steadily from the open vent, start counting time. Leave vent open and process for the same times given for the boiling-water bath.

Q. *Must glass jars and lids be sterilized by boiling before canning?*

A. No, not when boiling-water bath or pressure-canner method is used. The containers as well as the food are sterilized during processing. But be sure jars and lids are thoroughly clean, and to prevent breakage have jars hot when filling them with hot food.

Q. *Why is liquid sometimes lost from glass jars during processing?*

A. Loss of liquid may be due to packing jars too full . . . not keeping pressure steady in a pressure canner . . . lowering pressure too suddenly at the end of the processing period.

Q. *Should liquid lost during processing be replaced?*

A. No, never open a jar and refill with liquid—this would let in bacteria and you would need to process again. Loss of liquid does not cause food to spoil, though the food above the liquid may darken.

Q. What causes cloudy liquid in canned fruits and vegetables?

A. Cloudy liquid may be a sign of spoilage. Or it may be caused by the minerals in hard water, or by starch from overripe vegetables.

Q. How can you tell whether canned food with cloudy liquid is spoiled?

A. Boil the food. Do not taste or use any food that foams during heating or has an off-odor.

Q. Why does canned fruit sometimes float in jars?

A. Fruit may float because the pack is too loose or the sirup too heavy. Or perhaps air in the tissues of the fruit has not all been forced out during heating and processing.

Q. What makes canned foods change color?

A. Darkening of foods at the tops of jars may be caused by oxidation due to air in the jars or by too little heating or processing to destroy enzymes. Overprocessing may cause discoloration of foods throughout the containers.

Pink and blue colors sometimes seen in canned pears, apples, and peaches are caused by chemical changes in the coloring matter of the fruit.

Iron and copper from utensils used in preparing foods, or from the water in some localities, may cause brown, black, and gray colors in some foods.

When canned corn turns brown, the discoloring may be due to the variety of corn, to the stage of ripeness, to overprocessing, or to contamination with copper or iron from cooking utensils.

A common cause of fading of highly colored foods is the dissolving of coloring materials by the packing liquid. The use of plain tin cans will cause some foods to lose color (p. 3).

Q. Is it safe to eat discolored canned foods?

A. The color changes noted above do not mean the food is unsafe to eat. However, spoilage may also cause color changes. Any canned food that has an unusual color should be examined carefully before use (p. 7).

Q. Is it true that ascorbic acid helps keep fruits and vegetables from darkening?

A. The addition of $\frac{1}{4}$ teaspoon of crystalline ascorbic acid (vitamin C) to a quart of fruit or vegetable before it is processed retards oxidation, which is one cause of darkening of canned foods. One teaspoon of crystalline ascorbic acid weighs about 3 grams (or 3,000 milligrams).

Q. *Is it all right to use preservatives in home canning?*

A. Do not use canning powders or other chemical preservatives—some of them may be harmful. Sterilization by heat is safer and more certain.

Q. *Why does the underside of metal lids sometimes discolor?*

A. Natural compounds in some foods corrode the metal and make a brown or black deposit on the underside of the lid. This deposit is harmless and doesn't mean that the food in the jar is unsafe to eat.

Q. *When canned or frozen fruits are bought in large containers, is it possible to can them in smaller containers?*

A. Any canned or frozen fruit may be heated through, packed, and processed the same length of time as recommended for hot packs of freshly prepared food. This canned food may be of lower quality than if fruit had been canned when fresh.

Q. *Is it safe to leave food in tin cans after opening?*

A. Yes, but like fresh-cooked food, food in tin cans needs to be covered and kept in a refrigerator or other cold place.

Q. *Is it safe to can foods without salt?*

A. Yes. Salt is used in canning for flavor only and is not necessary for safe processing.

Q. *In canning, is the processing time the same no matter what kind of range is used?*

A. The procedures and process times and temperatures outlined in this bulletin are for use in canning in a pressure canner or boiling-water bath with any type of range. It is important to control the heat so that the temperature in the canner does not fluctuate.

Q. *Is it true that fruits and vegetables can be canned without heating if aspirin is used?*

A. Aspirin should not be used as a substitute for heat treatments in canning fruits and vegetables; it cannot be relied on to prevent spoilage or to give satisfactory products. Adequate heat treatment is the only safe procedure.

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